BERNAL JOURNAL

April/May 1983

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Bernal: Rise or Fall?

A mural has replaced heavy graffiti on three sides of the Bernal Heights Library.

QUALITY OF LIFE IN BERNAL HEIGHTS

The two photographs above represent two opposing views of Bernal Heights. While some people feel that quality of life in Bernal is getting worse, others feel that our neighborhood is experiencing a kind of rebirth.

Those who feel deterioration point to high crime rates, graffiti and the lack of services to back up their point of view.

Others have much to show in support of their view of Bernal as a thriving community. The new paint on many of Cortland Avenue's buildings and the many people working together are examples of Bernal liveliness.

In this issue of the Bernal Journal, we wanted to look at some of the things that affect the quality of life in our community.

Steve Antonaros presents one view of what is happening with housing in Bernal.

Liz Walker introduces us to one of our neighbors, Beverly Bagdorf-one of the people who improve our quality of life.

Jeanne Choy Tate has written about what is happening to the open space remaining in Bernal, and gives us a view of what people working together can do.

Finally, Teresa Kennett asked some Bernal residents what they think makes Bernal unique.

From these and other indications, it seems clear that good things are happening in Bernal Heights. We will continue to let our readers know what things are happening and hope that they (you) will continue to make them happen.

LA CALIDAD DE LA VIDA EN BERNAL HEIGHTS

Las fotos de esta pagina manifestan dos puntos de vista acerca de la calidad de la vida aquí.

Hay los que dicen que todo está mal. Ellos piensan que el graffiti es un ejemplo de la ruina de nuestra comunidad.

Otros ven el otro lado de la cuestión. La creación de un centro de vecinos y el mural en la biblioteca son señales, los cuales indican que nuestra comunidad anda desarollando bien.

En esta edición del Bernal Journal hemos incluido articulos sobre la tema de la calidad de la vida.

Cuando se lee estos articulos, es evidente que hay mucha gente, en nuestra comunidad, trabajando para mejorarla.

YOU CAN HELP

You can help improve the quality of life in Bernal Heights by working on the Bernal Journal.

Writers, distributors, artists and ad salespeople are needed to support this paper. The paper, in turn, has the goal of supporting and recognizing the work being done in our community.

If you can help, call 285-1084.

Usted puede ayudarnos en muchas maneras. Lo más importante es que necesitamos gente para escribir articulos sobre Bernal Heights, en español.

Tambien necesitamos personas que pueden tomar los papeles de fotógrafo, artista, redactor o distribuidor.

Si usted tiene ganas de ayudarnos de cualquier manera, llame a Carlos al 285-1084.

PATCHES OF BERNAL SUNSHINE

ORGANIZING FOR OPEN SPACE

by Jeanne Choy Tate

Este artículo se trata de las muchas personas que están trabajando para mantener 'espacio abierto.'

Ellos quieren que los lugares que no han sido desarollados todavía se queden naturales o que sean parques.

Muchos de ellos son bien organizados y están cooperando con los autoridades de la ciudad para desarollar mejor al 'espacio abierto' de Bernal Heights.

Para información, se puede llamar a una de las personas nombrado al fin del artículo.

This is not most people's favorite time of year. Sunlight glimmers all to briefly during these winter-dark months. The drenched quality of the weather cuts short the few moments of sunshine. Thus every weekend daylight hour is doubly precious, especially if there is hope-however remote-that showers might let up. Not one to look forward to any meetings with joy, I definitely greet Saturday meetings with a grimace.

The meeting this Saturday was to be an informal gathering of people working to improve the quality of open space in Bernal Heights. I told myself that if my 14-month-old son was to have a park before he became a teenager, I had better go, and I set out during a lull in the rain.

The aim of the meeting was simple. We hoped that each group working to preserve and improve open space would be made more effective by knowing what the others were doing. A glimpse of the broader picture could help us see how to achieve our particular goals.

After the meeting, several hours and one light rain shower later, my own image of life in Bernal had new touches of sunshine added to it. What had emerged in the past hours was a sunny picture of caring, creative people, deeply committed to improving the quality of life here.

It appeared that an overwhelming amount of creative energy was being devoted to the issue of open space. A wide variety of projects were being developed with the hope of effecting change and improving the quality of community life.

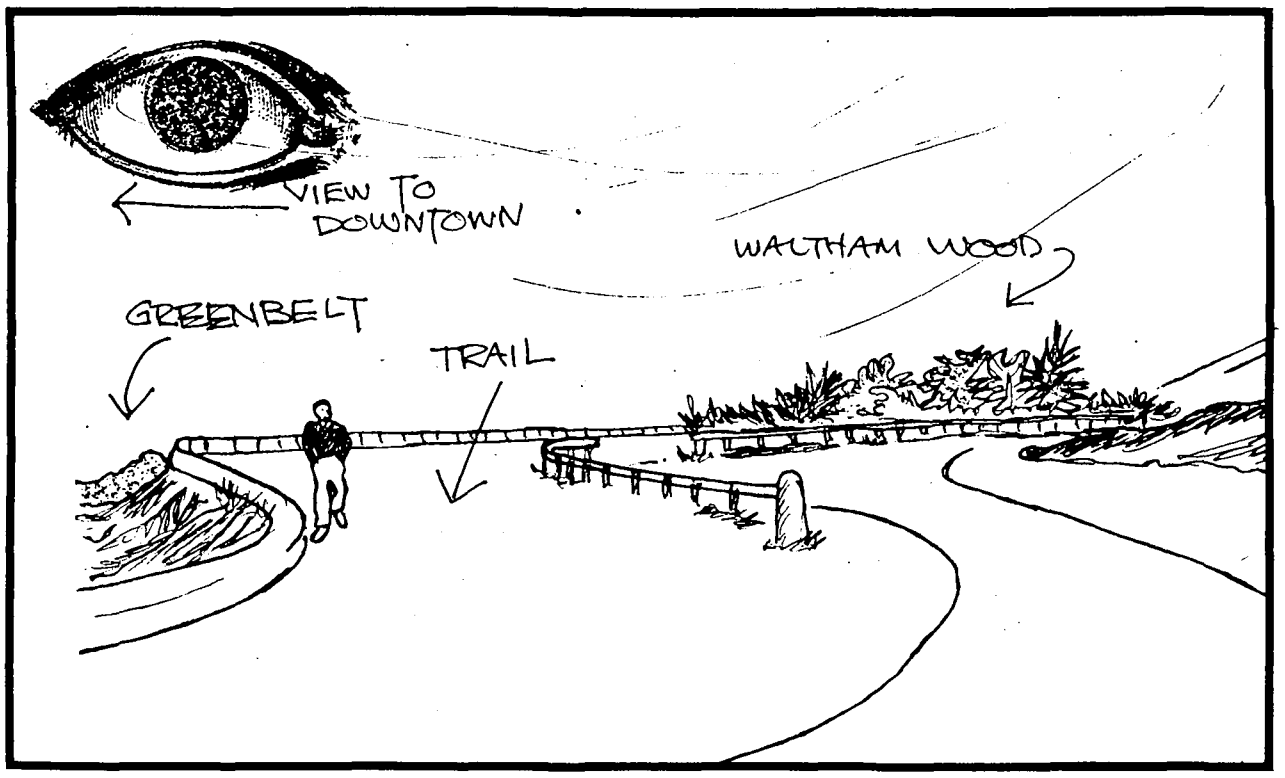

Illustration by planning consultant Jim Burns shows improved trail along Bernal Heights Boulevard.

For the most part, these projects, ranging from a jogging path to open space protection, had developed independently. Each of us had worked on our separate vision, with freedom to build our own image of the good life in our neighborhood. Yet the projects fit together beautifully, creating an overall pattern of commitment to quality living space and a neighborhood to be proud of.

The group that had been working to get a jogging path around the top of the hill already has drawn up plans and the project probably will be funded this year.

The group living around Coso Square (which is shaped more like a triangle) is convincing the SF Recreation and Parks Department to treat the space as more than a traffic island. Their plans include landscaping and possible steps and paths, with a traffic buffer towards the top. The result: An attractive entry-way to the Bernal Heights Community.

Coleridge Street Neighbors are working for a mini-park at the foot of the Esmeralda Steps. This plan has successfully cleared the cleared the HillTop Sub-committee, which is recommending acquisition of the three lots on Coleridge Street open space.

The Alabama Block Club, working with the Ripley Block Club, has just succeeded in convincing the Planning Commission to deny a developer an easement through public lands on Waltham Way.

Now the Ripley Block Club will be working with the same developer to design a structure more conducive to quality community life than the previously proposed development.

Perhaps the most ambitious project concerns the development, as open space, of the green area at the top of Bernal Hill. This plan grew out of the Bonview Block Club's efforts to oppose another developer's plan. The developer's proposal included 14 units on a portion of city-owned Bocana Street easement and the eucalyptus grove at Bonview and Stoneman Streets.

In an effort to present a more creative plan to the city, the neighbors held two planning workshops with a professional planning consultant.

The final plan focuses on four points:

1) The hilltop above Bernal Boulevard should be developed as a natural preserve for native grasses unique to our hill.

2) All public space below Bernal Boulevard should be preserved as a greenbelt and the view maintained.

3) The hilltop should serve as the focus of a Bernal Heights open space network. This network should include improved access to the hilltop from Bocana street, both north and

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Bernal Housing: What Does the Future Hold?

by Steve Antonaros

En Bernal Heights, muchos han tenido que cambiar su moda de vida, a causa del costo de la vivienda. Cuando las rentas suben, unos tienen que mudarse de Bernal Heights o vivir en un sitio mas pequeño.

Pero hay algunas personas que están trabajando para cambiar estas condiciones.

Por ejemplo, hay los que han sido opuestos a los especuladores, cuyos planes para desarollar viviendas caras en Bernal no sirven los intereses de la gente de Bernal.

También la gente del Bernal Heights Community Foundation (BHCF) ha desarollado un programa para prestar dinero (a bajo costo) a dueños de sueldo bajo, para que ellos puedan reparar sus casas.

Además, la BHCF esta construyendo cuatro casas en Holladay Avenue para familias de sueldo bajo y mediano.

En fin, hay mucha gente trabajando en Bernal para asegurar un futuro de viviendas a precios justos.

Bernal Heights Community Foundation's Holladay Avenue Homes under construction.

In 1978 two young college graduates found themselves sitting on the floor of a newly carpeted and painted upper flat in Bernal Heights, their 'ideal' neighborhood. Each had been house hunting for months. They were discussing the possibility of becoming 'roomates.'

Mark had found the flat and rented it from the downstairs owners, a young professional couple who had bought it just a couple of years before. He had just painted the upstairs and put in new carpeting.

It was perfect, very spacious, had two bedrooms, views and lots of sun. The rent was cheap, $375 a month.

The owners apparently were very particular about who they rented to. They did not want tenants "like the last ones." So Mark a young, white aspiring politician, tried to show them he was sincere and interested in taking care of the apartment.

Mark began to look for a roommate. Afer a dozen responses to his ad, he met Susan. She shared an interest in his work and worked as a film producer. They decided to share the apartment.

After Susan and Mark had lived there for two years, the owners, who had moved elsewhere, decided to put the building up for sale.

Susan had friends nearby who had joined together to buy their building. Since she and Mark still loved living in Bernal Heights, they decided to try the same thing.

After negotiating with the owners, the settled on a price that seemed fair for the time. It was at the peak of housing prices in 1980.

Though Mark and Susan considered the price inflated compared to adjacent homes, they considered the building their home and agreed to a sale price. Their former landlords had sold the building for about four times the amount which they paid for it.

The case of Mark and Susan is an example of renters who decided to buy their home, because they were committed to remaining in the area.

Many others have been forced to leave Bernal Heights because they could not afford the cost of housing.

Many residents who are committed to staying here are becoming involved in the decisions that affect their lives.

One such woman became involved in working for effective rent control. Because of her activities she was evicted from her apartment. She moved down the street and continues to work on projects which benefit the neighborhood.

In fact, it is not unusual for Bernal Heights residents to form groups to deal with housing issues. There are more associations and groups in and around the hill than most people know about. Along with this variety of groups is a diversity of people involved.

As a result, Bernal Heights residents have had tremendous success in safeguarding some of the characteristics that make the neighborhood desirable.

One of the highlights of the history of Bernal housing activism occurred in 1976, when an outside developer proposed 11 new houses on Elsie Street.

The Northwest Bernal Block Club then countered with a proposal to the SF City Planning Commission. Their plan required more stringent planning

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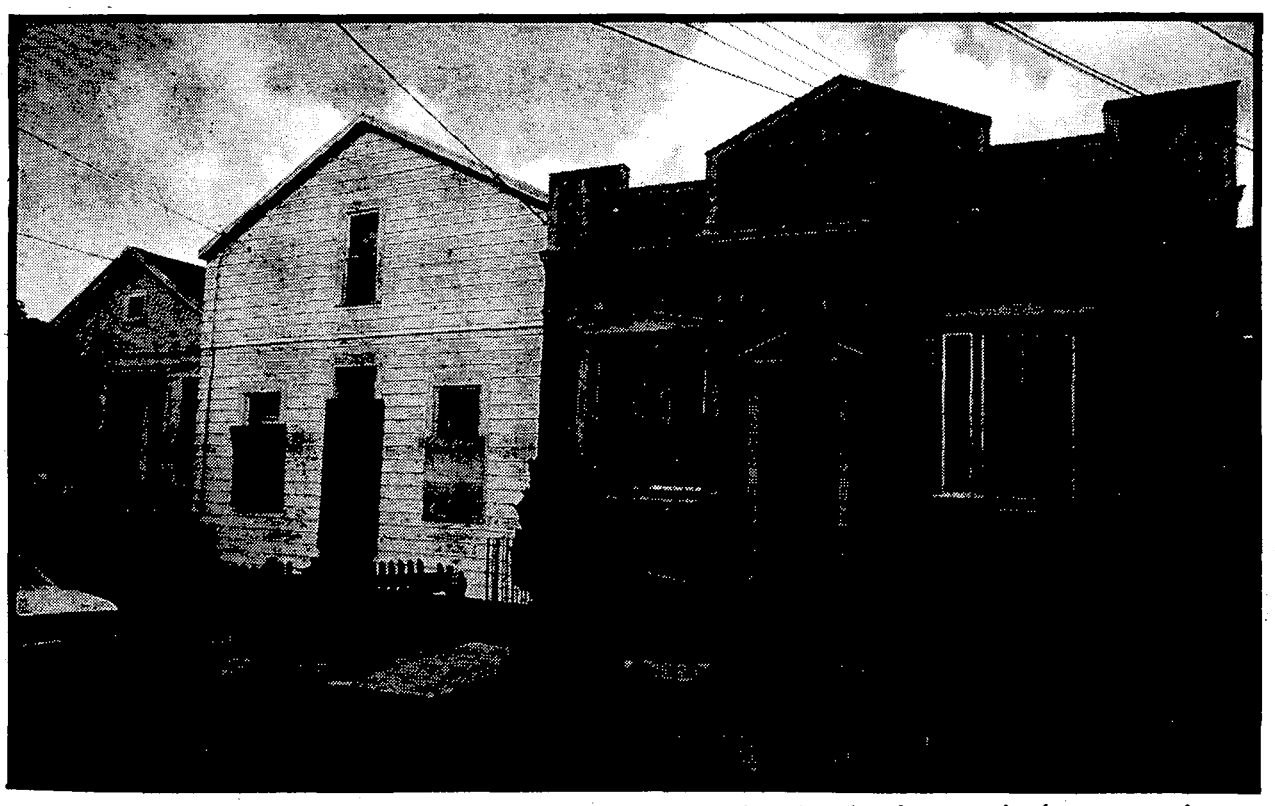


Two adjacent homes in Bernal exemplify uneven nature of housing development in the community.

Opportunity Knocks

by Mike Moore

Empezando en abril, voluntarios del Bernal Heights Council van a pasar por cada casa de Bernal. Ellos buscarán ideas, ayuda y dinero.

El Council está trabajando para mejorar muchos aspectos de la vida en Bernal Heights. Ya han tenido éxitos en sus trabajos para mantener abiertas nuestra biblioteca y estación de bomberos. También han organizado para ayudar gente a entender el problema del crimen.

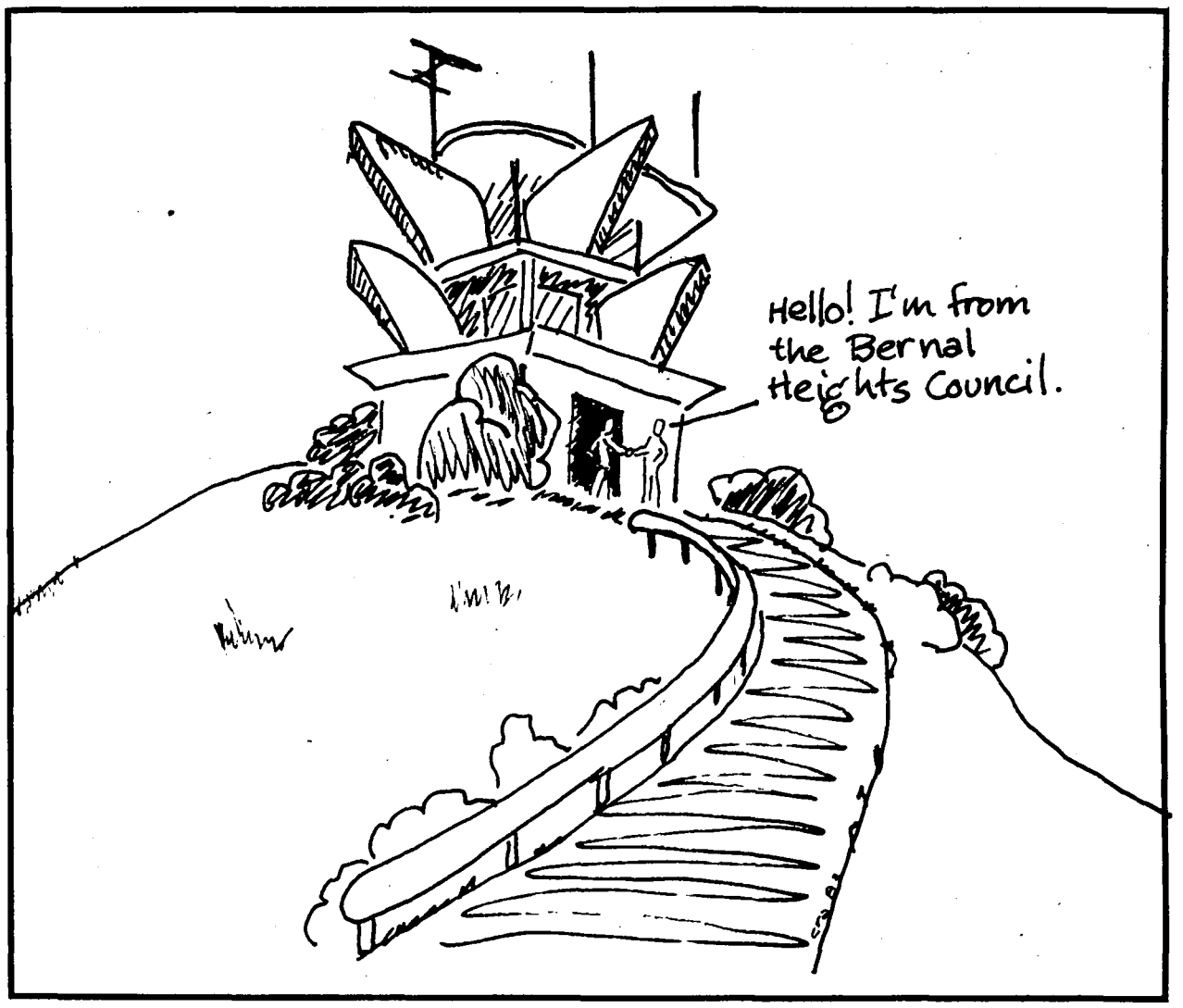
Cuando vienen, ayúdeles con sus ideas sobre que deben hacer en Bernal y, por favor, considere hacerse miembro del Council.

Para más información, llame al 648-0330.

You are sitting at home on a Sunday evening in early May. You hear a knock at the door. Is it an insurance salesperson? The news carrier collecting for the paper? Your neighbor hoping to borrow a cup of sugar? Don't be surprised if the friendly person at the door is from the Bernal Heights Council.

Beginning in late April, a group of volunteers (with the assistance of professional canvassers) will be out knocking on the door of each home in Bernal Heights.

They will be looking for people, ideas and money. They will also be offering information about



the many useful services and programs existing in the neighborhood.

The Bernal Heights Council is a two-year-old coalition of Bernal groups-block clubs, merchants, church groups-working to preserve and improve Bernal as a diverse, affordable community.

The Council led the successful fights to keep the city government from closing down our library and fire station. It revived the traditional neighborhood festival.

The first big effort of the Council was the Good Neighbors Campaign aimed at reducing the problem of crime. Through the Campaign, block clubs were organized and meetings were held in many places throughout the neighborhood.

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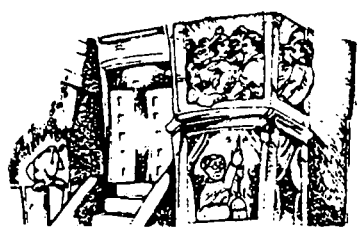
English Class	T,TH	7:00 p.m.– 9:00 p.m.
Girls Scout	M	7:00 p.m.– 8:30 p.m.
Senior Services	M,T,W,TH,F	10:00 a.m.– 2:00 p.m.
N/A	W	6:30 p.m.–10:00 p.m.
Movie Night	W	7:30 p.m.–10:00 p.m.
Youth Services	M,T,W,TH,F	3:00 p.m.– 6:00 p.m.
Women's Exercise	T	7:00 p.m.–8:00 p.m.

GOT A DISPUTE?



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Ask an Attorney

WORKERS' COMPENSATION

by Steven M. Birnbaum
Attorney-at-Law

Todos que trabajan deben saber cuales son sus derechos con respecto a la recompensa para heridas recibidas durante el trabajo.

El que se lastima en su trabajo puede recibir varios beneficios de su patron. Estos pueden incluir pago para deshabilidades y gastos medicos.

Para mas informacion, pongase en contacto con un abogado calificado en la area de 'worker's compensation' o llame al departamento de accidentes industriales al 557-1954.

O para un panfleto sobre este tema (en Ingles), escriba al Worker's Rights, 1255 Post Street, Room 930, San Francisco, California, 94109. Incluya un sobre con su direccion y una estampilla.

One of the specialties of my law practice is obtaining compensation for workers who are injured on the job. I see many people who know from the start that if they are hurt at work, they are entitled to benefits.

However, it never fails to amaze and frustrate me when one of my clients, who deserves compensation, is unaware of their rights.

People often come to me about some unrelated matter and casually mention that they have a physical problem. Often the problem stems from an incident at work, but they never received compensation because they didn't know about workers' compensation.

One of my clients, Bonnie, is a single mother who worked at one of the major insurance companies downtown.

She was 30 years old, in very good health, when, one day, she bent over and tried to pull open a heavy file cabinet. She pulled hard, but nothing gave, except for something in her lower back.

Bonnie told me, "Honestly, I've never been in so much pain in my life." But she decided just to stay home a couple of days to see if the pain would go away on its own. She had two days of sick pay coming and her daughter was in school that week.

After two days the pain had subsided so Bonnie went back to work. The pain gradually diminished for the next 7 months, but then she had another painful incident, this time at home.

The pain was so intense, that she went to her family doctor. He told her to stay home for a week and take hot baths. The pain did subside with this treatment, but Bonnie lost a week's pay.

This story is typical, but I only found out about it when she mentioned her back troubles while we were talking about an unrelated issue. Bonnie had come to me to talk about her landlord!

Luckily for Bonnie, we still had time to file a worker's compensation claim. In another month, she would have been precluded from obtaining medical reimbursement, disability payments and possible retraining.

Like Bonnie, almost all employees are entitled to worker's compensation benefits if they are injured in an activity having to do with their jobs.

"Injury" is not restricted to accidents or single incidents. It also applies to a worker who becomes sick after exposure to a hazardous substance or condition at the workplace.

However--though there are some exceptions--the worker must report the injury promptly.

An injured worker may be entitled to one or more of the followint benefits:

1) Medical benefits which will pay for treatment, drugs, therapy or other service.

2) Temporary disability payments. These are available after 3

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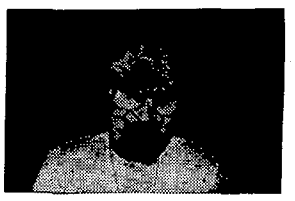
THE QUESTION

by Teresa Kennett

What's unique about Bernal Heights?

Maude Traver, Cortland Avenue. I have lived on many, many streets in San Francisco since I came here in 1918, and I have never live on a more friendly street in my life. I've been living with my brother for 3 years-since my husband passed away-and really, I just rejoice to think a community like this could be so wonderful. I think it's marvelous.



Bill Dark, Bald Eagle Sporting Goods. As a whole, Bernal Heights is a very unique neighborhood. It's about something you don't find anywhere else in the city. You have every type of person that you can imagine. It's a melting pot. In fact, I feel that it's the beginning of the cradle of democracy. It's a very, very good neighborhood.

Roberto Hernandez, Moultrie Street. It's one of the few sections of San Francisco that's a family neighborhood. It's a multi-cultural, multi-ethnic community. We're at an advantage here because we are united. I think we'll really be able to make an impact in terms of preserving our neighborhood as a family neighborhood.

Larry Peoples, Bernal Gym. The unity of the people, particularly in the past four months, is unique. We started a program where we're trying to pull the Neighborhood Center, the Gym, the Library, and Precita Center all in to one. That's our goal for 1983. With the opening of the Neighborhood Center, with the guidance of the Neighborhood Center, everyone's trying to pull together.

Nick Lauria, Bocana Street. The hill. This hill's been here all my life. In the old days, we had goats, sheep, even cows up there. It's a nice hill. We sure like it.

Denny Clendenny, Gates Street. Bernal Heights is a city in itself! We also have a pretty well establishe foundation for the youth up here and we need money so we can go on long trips.

Kathi Smith, Coleridge Street. The diversity of the neighborhood and the people. The different ethnic cultures, gay, straight, old, young, and the ability of everybody to try and solve their own problems, to try to work it out themselves, among neighbors. Bernal is almost like a small town community within this huge urban area. I love it here. I wouldn't want to live anywhere else.

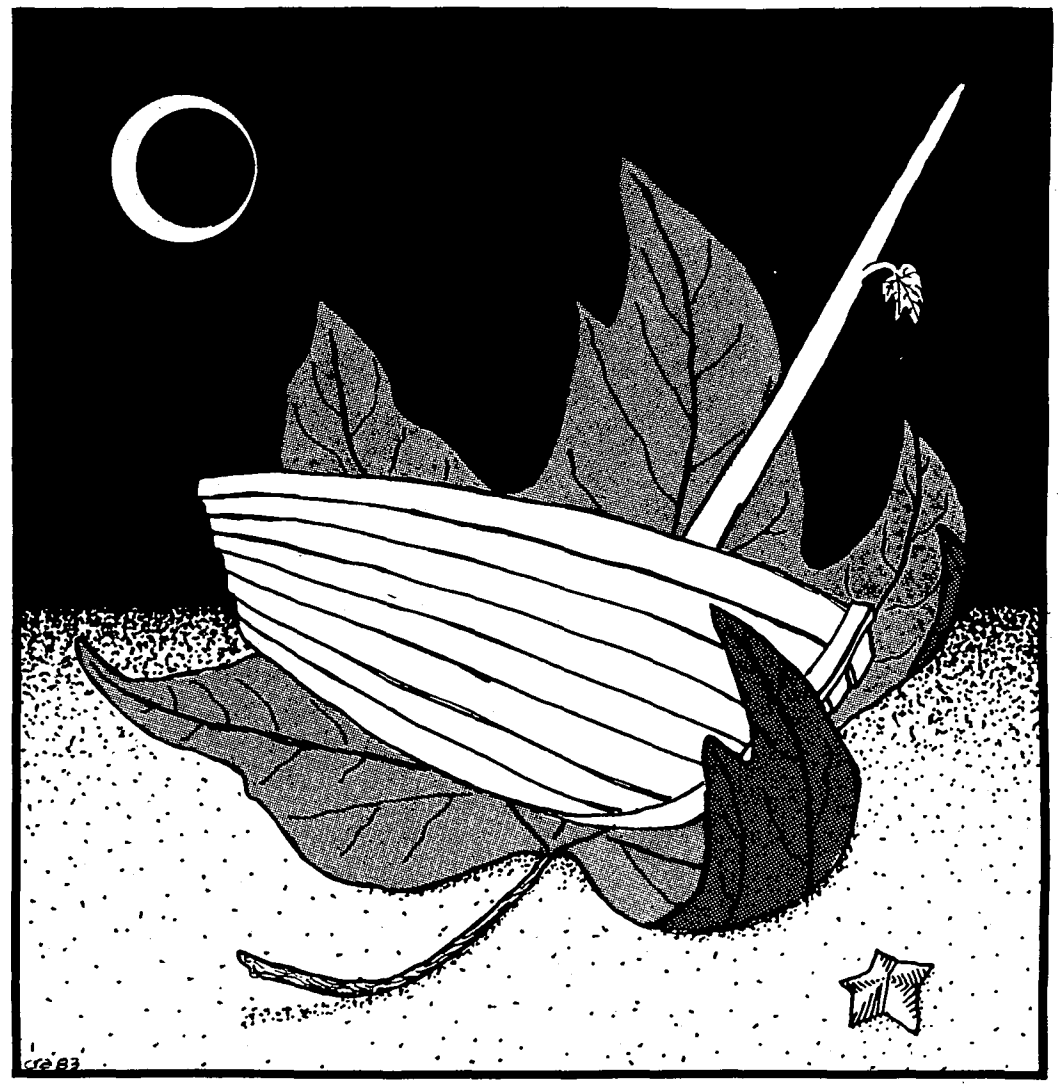
Your Father's Boat

Planks of oak and locust
tumble from your arms.
The dust floats up.
You hack at an elbow
of burl. The boat
shimmies on leaves.
At dusk, scratches
start to show.

Inside, I hang up leaves to dry.
I press the veins under white paper.
Thistles scrape the sill.
You work all night.

You whistle, your father
whistled with the saw.
'The hardest wood
will last, like in the old ships.'
You stiffen,
back and forth.

The rigs grind
off the coast.
No rain,
the bay fills up with oil.
All night, dry leaves
against my fingers,
your father's saw.



Wedding Feast

Breezes swept us back
from the shore. Chill uncles
circled the bourbon.
The two men waited, smoothing their chests
straight as tables.
Against his white linen,
she lay her head
and bit into the ripe, purple plum
I could not share with her,
the marriage kiss.

Later, she gave me what other guests
rolled in their palms,
the almond eggs,
discretely ribboned and flowering.
I ate them, and tied the dry blooms
to my wrist. The bride hovered
among the eaters, her basket empty.
Her corsage's pink heart
gave up its perfume.

Through the glass doors I could see gulls
wheeling and diving. Waves unfurled
like a wedding dress on the sand,
gradually vanishing. At dusk
she kissed my cheek, and I turned back
to the best man, holding between my finger and thumb
the miniature bouquet. I hold onto it still

in the mirror, silver water
we walked from, her arms brown as cake
spreckled with nutmeg, her teeth the silk icing
slick to my tongue. I wait
to step through this glass door with her,
to burst into flower
with these papery blossoms,
unveiled.

Poems © 1983 Lisa Bernstein

BERNAL HOUSING

continued from page 3

codes, which the community felt should apply to the site.

This action prompted an editorial in the San Francisco Examiner in May, 1978 referring to the 'secession' going on in Bernal Heights, calling involved residents "a people of high creativity, energy, civic pride, and...plenty of brass."

That tradition still lives. It was just a few months ago that a similar group, this one spearheaded by the Bernal Heights Council, brought the Mayor to the site of another planned development opposed by the neighborhood. The Mayor was shown, first hand, how the SF Planning Code is insensitive to this area.

As the previous examples show, housing issues have been addressed successfully in Bernal Heights. But those achievements occurred as reactions to unwelcome development.

In a different vein, the non-profit Bernal Heights Community Foundation (BHCF) has developed positive programs to improve the housing situation in Bernal Heights.

Currently, the BHCF is providing low-cost housing rehabilitation loans to low-income owners and renters. It is also responsible for the development and construction of four housing units on Holladay Avenue. The units are to be owned and occupied by low- and moderate-income families.

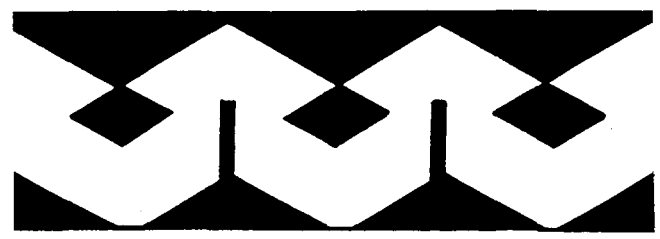
These are significant achievements for a community-organized planning and development team. These accomplishments and those of other groups like the Bernal Heights Council point out the need for and benefits of community-based decision making.

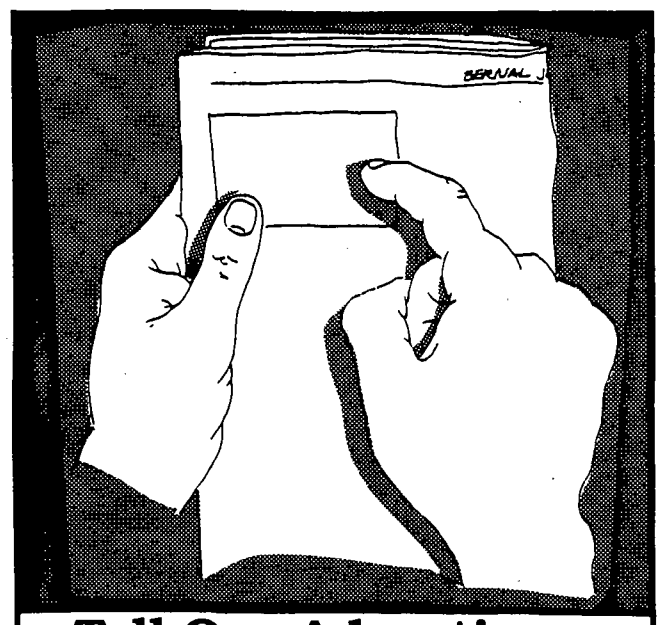
Does this mean that Bernal Heights should 'secede' from the city and create its own planning and housing policies? Perhaps, but more realistically, committed residents must continue to seek out other concerned neighbors. Only in this way will efforts to develop new affordable housing continue to be supported.

In small and large groups efforts can be made to gain access to the decision-making processes that ultimately affect housing. That will be the best means for increasing community control over housing.

There are many options available: For some, it is possible to join together as tenants and buy their building; renters may become more aware of their potential power in the community; low-income homeowners can now take advantage of low-cost home improvement loans; and every committed resident can find support in the well-organized community groups in Bernal Heights.

For now, the future is open to making positive changes in our community housing situation.





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302 PARK
201 PRECITA
112 PRECITA
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"She's There When You Need Her"

by Liz Walker

Este artículo trata de una partera que vive en Bernal Heights, Beverly Bagdorf. Ella es una enfermera que trabaja en el Hospital San Francisco General.

Ella ayuda a sus clientes a entender que el parto no siempre exige toda la atención medica que se usa en este país, hoy en día.

Ella piensa que ella solamente tiene el papel de informar a la pareja. Cuando ellos están preparados para entenderlo, según Bagdorf, pueden gozar de la experiencia del parto.

Her kitchen is a central gathering place. A bubbling pot of lentil soup lends a homey fragrance to the room and the table is filled with bagels, cheeses and fruit.

Around the table are women in various stages of pregnancy-some with the soft, expectant look and bulging bellies of those about to deliver, and others who barely show. Some of their mates are there too, but one gets the impression that it is the women who are the focus of attention. They chat and compare experiences. There is a lot of laughter and newcomers are greeted warmly.

This is a typical Saturday clinic scene for lay midwife Beverly Bagdorf, founder of Do-It-Yourself Midwives. Bagdorf is a small, energetic woman who radiates warmth and goodwill.

Bagdorf is busy in the next room showing a young couple how to do a measurement of the woman's belly. Later they will take the woman's blood pressure and do an internal exam. The will learn how to feel the woman's belly to determine if the baby's head has started to descend.

Bagdorf gently probes the woman's belly. There is a sudden undulating movement. It is the baby's foot. The couple giggles with excitement. It is amazing to think that a live, squirming baby is inside.

Bagdorf's philosophy is simple and direct, though unusual for someone with medical training. According to Bagdorf, "People don't need to be afraid of their bodies. Childbirth is normal and people can take responsibility for themselves. I'm just here to give them information. Birth is pretty well taken care of. Nature is well organized. I can be just a resource person. People just do it themselves.

Bagdorf's casual attitude belies her experience. She has been a nurse for the last 21 years and started practicing midwifery after she got burned out from 10 years of working in the field of Intensive Care Medicine.

Bagdorf became interested in home births 20 years ago, when a friend had several children at home. "In the 50s and 60s," says Bagdorf, "a lot of people in San Francisco started giving birth without trained medical assistance. It was women helping women. Nobody was trained."

According to Bagdorf, things are different today. "Midwifery is now licensed. The principles of midwifery are being co-opted by the medical profession. People need to remember that childbirth happens whether or not someone is there. The baby will be born and, except in 2 out of 100 cases, pretty much they will be healthy."

It is a misdemeanor for a lay midwife to deliver a baby in this state. It is a felony if something goes wrong. Bagdorf told me that "in the Bay Area we are very fortunate. Home birth is tolerated."

But what about complications? First of all, Bagdorf points out that the medical profession treats pregnancy itself as if it were an abnormality. She says, "You have to have faith that things will work out."

Even so, most midwives maintain close ties with a hospital. In an emergency, they can bring the woman in and continue to be by her side during labor. Bagdorf does this with San Francisco General Hospital, where she works as a nurse in Labor and Delivery. She stresses the need for parents to know and understand what is an emergency and what hospital procedures and patient rights are.

Bagdorf is unusual among midwives-she offers her services for free. "I don't want anyone to be confused," she said, "They're doing the birth. They're taking responsibility. They do their own prenatal care."

Bagdorf continues, "It is the expectant mother who is aware of changes. She knows whether or not things are right. My job is either to find out if something is wrong, or if things are normal, to reassure her. My role is as a resource person, offering friendship; what women would usually do for each other anyway."

Beverly Bagdorf listens to fetal heartbeat during prenatal examination.

Bagdorf does an average of two births per month. She does not encourage everyone she sees to do home birth with a lay midwife. If they're not confident," she says, "people should go to the hospital. It doesn't matter where you have your baby, it depends on how you approach the birth."

Besides teaching pregnant women and their mates about prenatal care and being with them during the birth, Bagdorf is good at offering support or lining it up for after the birth. Bagdorf states, "I believe in people helping each other. Neighbors and friends can make dinner for the first night or two and do the laundry. This builds community-people take care of each other. It gets stronger that way."

Bagdorf's house is a way station for baby clothes and toys,

continued on page 10

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MIDWIFE

continued from page 9

postpartum groups (anyone is welcome), and she frequently has friends of all ages drop by. Almost everyone who has had her as a midwife loves her, for she gives of herself so completely.

Michelle, a friend of Bagdorf who recently delivered her second baby at home explains this remarkable woman's skills and philosophy. "She's a very sensitive person who likes to be there for people. She lets you feel like you're the one having the baby. She's definitely there when you need her."

OPPORTUNITY KNOCKS

continued from page 4

The canvass is aspecial effort to make the Council as broad and diverse as the neighborhood. Council volunteers and staff can help you hold a block meeting and can put you in touch with other interested people on your block.

The canvassers will be distributing information on the many programs and services now available to Bernal Heights. Many of these services are provided by Bernal organizations. The Community Board Program offers dispute resolution and training. The Bernal Heights Community Foundation provides home rehabilitation assistance to low income people. The Neighborhood Center on Cortland Avenue and the Precita Center on the north side of Bernal Heights offer a variety of activities and programs for young and old.

In addition to giving information, the canvassers will ask for your opinions. You will have the chance to complete a questionnaire asking questions like these: What would you like to see done about crime, dirty streets and the lack of activities and jobs for youth? What can we, as a united neighborhood, do about these things? What can you do to help? The answers from the survey will be used to develop programs to better meet the needs of Bernal residents.

When you get that knock on your door, consider joining the Bernal Heights Council. Household membership is $10 per year, less than 3 cents a day. This money will help to pay the expenses of the Council's many projects.

ORGANIZING FOR OPEN SPACE

continued from page 2

south of the hilltop, and Alabama Street near Waltham Way.

4) Recreational development of the hilltop area should be considered, including a linear park from Folsom Street north along Bernal Boulevard to Anderson Street. Also to be considered is a par course, as are picnic areas and a playing field.

The plan which came out of the workshops is soon to be presented for community input.

I came, disgruntled, to a Saturday meeting. I left with an unexpected gift, energized by the creativity and committment of my neighbors. As issues arose, people gathered to address them. New groups are being created all the time, and new battles are being won.

The Saturday group was a small example of people working on the quality of the Bernal environment. Everywhere energy is going into creating community.

Bernal Heights seems uniquely filled with people who care, with people who have vision and with people who have skills to get the job done. On those rare occasions, like this Saturday, when there is an opportunity to glimpse that vision and to tie into that energy, one can really feel proud to be part of the Bernal Heights Community.

For information on any of the above projects call:
Jogging path-Judy Jameson:821-7600
Greenbelt plan-Jim Burns:982-4951
Bonview Street-Jan Botza:282-8318
Alabama Street-Lee Eggar:285-9258
Ripley Street-Jane Wrench:285-7443
Coleridge Street-Jeanne Choy Tate: 282-2990
Coso Street-Steve Antonaros:821-6034

But why wait for someone to knock on your door? If you are excited by the Council's activities, you can help to make them successful. Groups or individuals interested in participating in planning or projects should contact the Council office at 648-0330. The Council meets on the third Thursday of each month at the Bernal Heights Neighborhood Center, 515 Cortland Avenue, at 7:30 PM.

WORKERS' COMPENSATION

continued from page 5

days of lost work time and are payed at a rate based on the worker's salary.

3)Permanent disability payments. These compensate a permanently injured worker for any loss of ability to compete in the labor market.

4) Vocational rehabilitation allows a worker who cannot return to their job to be retrainted for another job. It also provides financial support during retraining.

5) Transportation benefits are to reimburse the worker for trips to and from the doctor or retraining.

6)Death benefits.

If you have trouble obtaining the benefits already mentioned, call the Division of Industrial Accidents at 557-1954, or seek help from a qualified worker's compensation attorney. Fees are set by a worker's compensation judge.

For a free booklet on The Injured Worker, send a self-addressed, stamped envelope to Worker's Rights, 1255 Post Street, Room 930, San Francisco, California, 94109.

If you have questions, write Ask an Attorney, in care of the Bernal Journal.

Wanted

A volunteer artists is needed to teach a basic drawing class at the Bernal Heights Neighborhood Center.

The classes are to be two days a week for two hours, in the evening.

Instructor must have knowledge of charcoal, pen & ink, pencil and water color techniques.

For more information, call or come in. Ask for Craig Doran, 515 Cortland Avenue, 648-0330.

Volunteers are also being sought to tutor young adults who are studying for the General Equivalence Diploma Test.

Hours will be 12:30 to 2:30 on Mondays and Wednesdays.

Tutor should be adept in general math, English and science.

For information call 648-0330 and ask for Craig or Larry.

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WORDS FROM WALKER

La supervisora Nancy Walker está trabajando sobre los problemas de la gente de Bernal. Ella está pensando en como podemos mantener limpias las calles sin utilizar las escobas de calles mecánicas.

Sin embargo, ella dice que lo más importante es que la gente le dice a ella lo que está pensando.

Ella dice que no debemos dejar que los políticos deciden lo que es importante para discutir. Tenemos que decir a todos ellos, incluyendo Walker, lo que queremos ver en esta ciudad.

Several of the things the Supervisor Walker currently considers of importance are the same as two months ago.

Now, she reports, progress is being made towards establishing the police review commission mandated by last Nowvember's proposition A. She says that the Bar Association and the American Civil Liberties Union, which are monitoring the process, seem to see that things are going well.

Walker, however, says that "the program will only be as good as those hired," and stresses the need to get people who can carry out the work.

Walker also reported that it is now possible for neighborhood's feeling a strong impact from the mechanization of streetsweeping to opt for eliminating the sweepers. With a designated percentage of signatures of the areas residents, the neighborhood can petition to have mechanical sweeping dropped.

Walker is working to develop an alternative to the mechanical sweepers. Currently, non-mechanical streetsweepers are 'workfare employees' and traffic violators.

Two other concerns mentioned by Walker were efforts to strengthen tenant rights and health care services for the southern part of the city, which is currently under-served. She mentioned that the Alemany Aid Station should be opening in April.

Lastly, Walker stressed the need for community input into the decision making process. As a city, no longer a district, supervisor, Walker finds it hard to maintain the contact with the community which is necessary to serve well.

She urges Bernal residents with concerns to voice them to her. Her office phone number at City Hall is 558-2943.

BERNAL JOURNAL

The Bernal Journal is produced every two months by a group of volunteers, with the support of community businesses. Our mailing address is 515 Cortland Avenue, SF, 94110. For information, call Carlos at 285-1084 or Mike, 648-0330.

Deadline for submission of articles for the coming issue is May 13. Illustrations and photos are due May 20. Paste-up will be during the week of May 23-29.

Managing Editor: Carlos Alcala
Editor: Phyllis Brown
Writers: Liz Walker, Jeanne Choy Tate, Steve Antonaros, Steven Birnbaum, Lisa Bernstein, Mike Moore, Teresa Kennett.
Photographer: David Butterfield, except page 6 (by Teresa Kennett), and page 9.
Illustration: Carlos Alcala, except page 2 (by Jim Burns).
Paste-up: Carlos Alcala
Typesetting: Bay City Graphics
Printing: Warren's Waller Press

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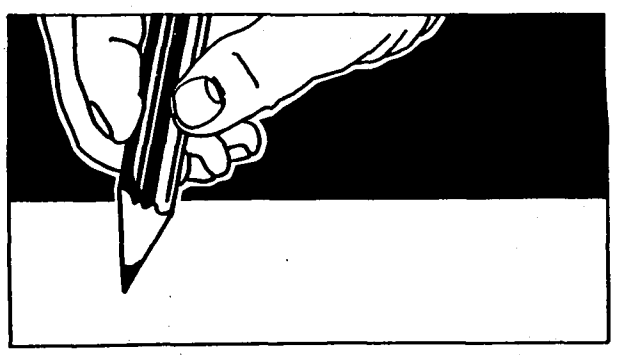
Deadline for camera-ready ad art is 10 days before publishing date. Deadline for next issue is May 21. For more information, call 285-1084.



FROM THE EDITOR

This issue, instead of something from the editor, I will share the two written comments I got regarding the last issue.

I hope to get more comments in the future, even if they are not as flattering. Your critical comments let me know that people are reading the paper and what they are thinking about.

Dear BJ:

What a sight for sore eyes! The BJ's new look is terrific!

Barbara Bagot
BJ Editor "Emeritus"

Dear BJ:

Holy mackerel-the "new" Bernal Journal looks great and reads even better.

The articles by you, Jeanne, Liz, Steve, Mike and David were informative and updated this Bernalian after months out of town. Dorothy Hutchins' story was a wonderful addition-more fiction/poems/personal pieces.

Keep up the good work. (I hate to sound so gushy-I'll try to think of something negative). Bernal's a hell of a neighborhood, with a hell of a paper.

Buck Bagot

DE COLORES

En esta edición del Bernal Journal hay resúmenes, en español, de casi cada artículo. Pero, en realidad este no es bastante.

Yo sé que mi español no es perfecto. Es bastante dificil, para mi, escribir ingles. Necesitamos alguien que puede escribir artículos en español.

Además, aunque tenemos algunos pedazos de español, este es nada más que traducción. También necesitamos artículos escritos del punto de vista del 'hispano-parlante.'

Aunque sé que no hay un solo punto de vista, también sé que ahora no tenemos ni uno de las perspectivas latinas.

Hay otra razón para incluir composiciones en español: La población norteamericana tiene que dar cuenta de la realidad de los miles de latinos que viven aquí. Esta realidad no se puede ignorar sin encontrar consecuencias malas.

Ojalá que los lectores de estas palabras están de acuerdo con ellas. El Bernal Journal necesita sus opiniones y su ayuda. Escriba o llame al 285-1084.

ENINGS*HILL HAPPENINGS*HILL HAI

Hill Happenings is a free place for community organizations to let the community know what they are doing. To include your organization in Hill Happenings, submit your information to the Bernal Journal by May 20. Mail to 515 Cortland Avenue, SF, 94110 or call 285-1084.

BERNAL FREEZE COMMITTEE

The Bernal Freeze Group is continuing efforts to conduct a mail campaign to let Congress know how people feel about the Freeze.

In addition, the group has donated a 24-hotline with the latest information on the status of Freeze efforts. The number for the hotline is 863-7281.

The Bernal group holds meetings on the first Friday of the month. Call 285-0997 for more information.

HEALTH CENTER NO. 3

The Health Center has initiated the Communication Network for Seniors to open communication between seniors and the community. The program will provide seniors with daily contact with trained volunteers.

Community participation is essential for the program. If you know an isolated senior or a possible volunteer, please contact Amena Panni at the Health Center, 469-1588.

PRECITA CENTER

The Precita Center, in the sixtieth year of operation, has a large schedule of activities for all ages. Programs include two daily preschool sessions, an after-school arts and crafts program, weight room for teens, volleyball, basketball and Dancercize. For information, call 285-7833.

BERNAL HEIGHTS ASSOCIATION

The Bernal Heights Association, a neighborhood association organized in 1966, is a place where people can get together to improve their community and to learn about its people and history.

The Association meets regularly and charges dues of only two dollars per year. For information, call Judy Forsberg at 282-3620.

BHCF

The BHCF is proud to announce three new Board members: Vincent Chao, Lisa Means, and Sylvia Yee. We are sad to say the Bob Dutra has resigned from the Board. Since he is still at the Precita Center we won't lose him as a hard-working, dedicated neighbor.

Our beautiful Holladay Homes are due for completion in three months. Over at the Neighborhood Center, we are kicking off the city's Youth Jobs Program. Last, but not least, we are joining forces with the Bernal Heights Council to do a door-to-door canvass of the neighborhood. We hope to clue people in on neighborhood services, raise some money for the Council, and get input from Bernal folks on what they'd like to see happen in the neighborhood.

CURE

CURE is now working on a number of projects and welcomes community participation.

At the Farm, we are doing work in appropriate technology. We will be working with neighborhood youth as part of the city's in-school work experience program.

We are also working to develop a computer literacy project stressing the learning of computer skills and are continuing our program of helping people with home gardens.

We are collecting items for a garage sale. Call us if you have items to donate.

Our next general meeting for the community will be April 9, 3 pm, at 93 Prentiss. For more information on any of the above, call Jon or Liz at 285-9685.

BERNAL SCOUTS

Would you like to be a Cub Scout? Are you between the ages of 8 and 10? Or are you between 11 and 18 with a taste for hiking, swimming, fishing and the outdoors?

If you are interested in Scouting, Cubs meet at the Bernal Heights Library, 500 Cortland, on Fridays at 4 pm. Older Scouts meet Wednesdays from 7 to 8:45 pm.

BERNAL HEIGHTS LIBRARY

The Bernal Heights Library, at 500 Cortland, provides a variety of services and is open Monday through Friday from 1 to 6 pm. Additionally, it is open Tuesday mornings, 10 to 12 noon, and Wednesday evenings, from 6 to 9.

Regular services include preschool children's programs each Tuesday at 10:30 am and Wednesday at 7 pm.

Special programs coming up:

April 12: Children's Films, 10:30 am and 3:30 pm.

April 20: Community Boards conflict resolution program.

May 17: Star Wars 3:30 pm.

May 18: Superman 3:30 pm.
The Rose 7:00 pm.

ST. KEVIN'S CHURCH

St. Kevins Church presents its Champagne Bingo, Sunday, April 10. Cards are 7 for $5.00-14 games.

May 20-22 we will hold our annual fund-raising Festival.

The annual summer program for all children of the neighborhood, grades 1 through 8, will be from July 13- August 10. Registration begins in May and ends on June 15.

Teen and especially adult volunteers are welcome. Please contact the rectory, 648-5751, if you are able to help.

BERNAL HEIGHTS COUNCIL

In addition to the activities mentioned in the article on page 2, the Bernal Heights Council is planning a neighborhood flea market for April 16, in front of the Neighborhood Center. It will be a chance to meet your neighbors and a reason to do an early spring cleaning.

The Council is requesting a donation of 10% of sales from participants. It is also looking for donations of items to be sold to benefit the Council.

For more information, 648-0330.

BERNAL RECYCLING CENTER

Glass bottles and jars are used
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